

Live Simply

Reflection and Worship

Said the livesimply prayer

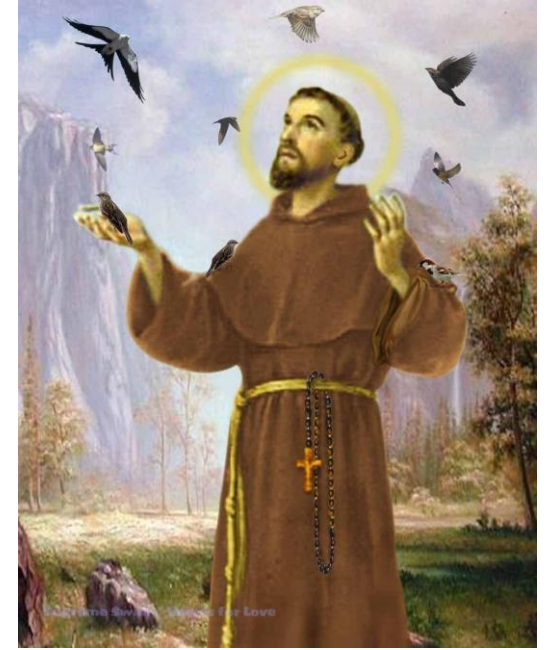


Supported CAFOD's Lent and Harvest Fast Days

Reflected on Laudato Si' using CAFOD's guide

Reflection and Worship

Celebrated the feast of St. Francis, patron saint of the environment on 4 October



Celebrated the Day of Prayer for the Care of Creation on 1st September

Practical Action

Fundraised for CAFOD world gifts

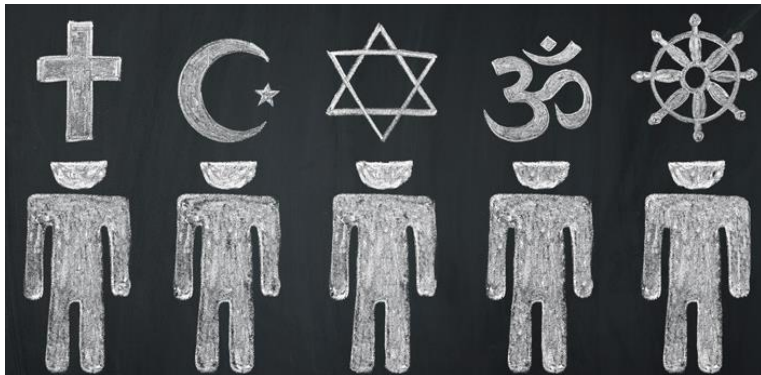


Installed a water butt to collect rain water

Organised a litter picking walk



Made links with other local faith groups



Practical Action

Created an outdoor space for prayer and contemplation



Became a collection point for local foodbanks



Emailed copies of newsletters instead of printing



Reaching Out

Encouraged everyone to
make a livesimply pledge

Visited elderly or housebound people



Organised a children's gardening club

Reaching Out

Wrote to local newspapers
about important local issues



Made craft items out
of recycled materials

Taking Livesimply Home

Saved water



Enjoyed nature

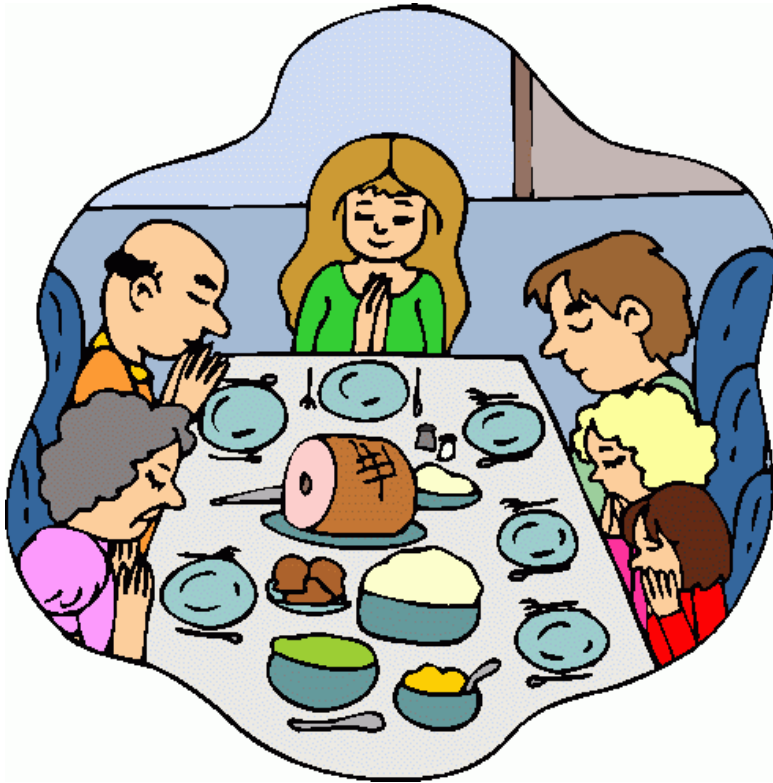


Grew our own vegetables



Taking Livesimply Home

Prayed before meals



'Food for thought' before meals-
considered origins of our food